

# Judo for Disabled People in Scotland

This fact sheet provides an overview of Judo for disabled people in Scotland. It also provides useful contact details to signpost you to your local club to develop your skills and start to play, volunteer or coach disabled people in Judo.



## The Development of Disability Judo

Disability Judo is an exciting, dynamic, combative and challenging sport that offers a wide range of opportunities for people with a disability to get involved.

JudoScotland recognise that persons with a disability wish to engage in sport for the same wide range of reasons as the general population and some of them aspire to perform at the highest levels of international competition. This is true regardless of the nature of the disability.

Power, strength and agility are all characteristics needed to compete in Judo – one of only two combative sports at the Paralympic Games. Judo has been a Paralympic sport since Seoul 1988 and is open to male and female athletes with a visual impairment only. Visually Impaired Judo is practiced in over 30 countries across the world.

In 2011 and in partnership with Scottish Disability Sport, JudoScotland created the Judo Inclusion Group (JIG) to take on the role of Disability Judo and to work together to shape the future. The vision of this group is to increase the number of people with a

disability participating in the sport and to increase the number of coaches working with disability athletes within clubs.

The key to success is the education of coaches and by focusing on the clubs ability to cater for athletes with all disabilities.

## Aims

To provide more quality competition opportunities for athletes with a disability and to increase the number of coaches working with athletes with a disability.

Through the provision of disability awareness training, it is hoped that more coaches will become involved with these athletes at grass roots level.

Following the expansion of JudoScotland, the Governing Body is in a strong position to face the many challenges in recruiting and retaining young athletes with disabilities. Judo Clubs are essential and will form the backbone to this development.

Inclusive sport offers ALL children, athletes and players with a disability, the opportunity to participate in sport, by providing open, modified, parallel and discrete\* sports options appropriate to their individual needs abilities and environment.



## Sports Inclusion Model (SIM)

Judo fully endorses the SIM.

- Open- sports participation, training or competition without concession, modification or change.
- Modified – sports participation, training or competition with appropriate adaptations to rules, equipment or setting to facilitate the inclusion of athletes of all abilities.
- Parallel – sports participation, training or competition where athletes are grouped according to ability and/or experience.
- Discrete – sports participation, training or competition that is unique to disability sport, but developmental, meaningful and appropriate to the aspirations of participants.

## The Classifications

(A Judo practitioner is called a Judoka)

### LEVEL 1

- A judoka who trains and competes inclusively within a mainstream club.
- This judoka has an understanding of the rules and protocols of competition.
- This judoka is capable of taking part in national and international \*discrete/separate championships or local mainstream competitions.

### LEVEL 2

- A judoka who trains and competes inclusively within a mainstream club.
- This judoka has an understanding of the rules and protocols of competition.
- This judoka can train and participate in competitions (RANDORI) with mainstream players.

### LEVEL 3

- A judoka who trains inclusively with mainstream players or exclusively with players with a disability.
- This judoka only competes in discrete/separate competitions with judokas with disabilities of the same level of ability.
- This judoka has an understanding of most of the rules and protocols of competition.

### LEVEL 4

- A judoka who trains and competes in discrete/ separate settings only.
- This judoka requires support and guidance during competition
- This judoka understands some of the rules and protocols of competition.

### LEVEL 5

- A judoka who trains and competes in discrete/ separate settings only, with a considerable amount of support.
- This judoka needs a lot of guidance during the competition.
- Competitions may have to be modified to adequately include this judoka.

\* Discrete – sports participation, training or competition that is unique to disability sport, but developmental, meaningful and appropriate to the aspirations of participants.



## Classification of Visual Impairment

Judo is a very popular sport for athletes with a visual impairment and it has featured in all four editions of the International Blind Sports Association (IBSA) World Championships and Games and has been a Paralympic sport since the Seoul 1988 Games.

Class B1: No light perception in either eye up to light perception, but the inability to recognize the shape of a hand at any distance or in any direction.

Class B2: From the ability to recognize the shape of a hand up to a visual acuity of 20/600 and/or a visual field of less than 5 degrees in the best eye with the best practical eye correction.

Class B3: From visual acuity above 20/600 and up to visual acuity of 20/200 and/or a

visual field of less than 20 degrees and more than 5 degrees in the best eye with the best practical eye correction.

\*Visual groups B1, B2, and B3 will compete together.

## Coach Education

The Judo Inclusion Group (JIG) was established to convert the generic UKDIT (Disability Inclusion Training) course into a sports specific judo workshop aimed at supporting judo coaches to become more confident and competent in working with disabled judo players. The JIG continues to look at areas where they can expand and develop other areas of education and training.

## Helpful Resources

If your club is currently working with, or would like to know more about how to work with, athletes with a disability, please download and complete our questionnaire below which will allow us a better understand what your club hopes to gain from the involvement and can help with anything needed.

Club Questionnaire –

[www.judoscotland.com/events/special-needs](http://www.judoscotland.com/events/special-needs)



## Some Facts & Figures

- Judo was founded in 1882 by Dr Jigaro Kano as a form of Physical Education
- Judo is actually two different words 'Ju' & 'Do' meaning 'Gentle Way'.
- Judo became an Olympic sport in 1964.
- Judo is currently one of only two combative sports in the Paralympic Games.
- A Judo practitioner is known as a Judoka

## Leading Performer

Sam Ingram - Sole Scottish representative selected by Paralympics GB for London

2012, where he won a silver medal. He is a product of a fully inclusive Para and Olympic programme. Sam Ingram has won Gold medals at the European and World Championships, and a silver medal at the 2012 London Paralympics.

Sam burst onto the international scene in 2007, competing at the European Championships in Belgrade, Serbia where he finished 5th. Sam then went on to win a bronze for ParalympicsGB in Beijing 2008.

Sam is one of two sets of brothers currently competing in visually impaired judo, with his brother Joe also training with the squad and competing in his first Paralympic Games in London. In 2010, Sam competed at the IBSA World Championships in Antalya, Turkey where he won a silver medal.

In 2011 Sam also won his first VI European title of his career at the IBSA VI European Championships in Crawley, UK, in the under-90kg category.

## Competitions

The Judo events calendar is growing and currently holds the following:

- East of Scotland Physical and Intellectual Disability Judo Competition.
- The East and West of Scotland Annual Regional competition.

## Key Contacts

Stephen Somerville -

[stephensomerville@judoscotland.com](mailto:stephensomerville@judoscotland.com)

## Head Office

Judo Scotland EICA-Ratho South Platt Hill  
Ratho, Newbridge, Edinburgh EH28 8AA

## Key Websites

Judo Scotland – [www.judoscotland.com](http://www.judoscotland.com)

Scottish Judo Special Needs Group West – [www.scottishsnjudo.org](http://www.scottishsnjudo.org)

East of Scotland Physical and Intellectual Judo Group - [jo@jideljudo93.com](mailto:jo@jideljudo93.com)

Scottish Disability Sport – [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)